



# ZIP UP YOUR PANCE

PRACTICAL TIPS TO GET  
THE C IN YOUR PA-C

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## DISCLOSURE

- ▶ Financial relationship with Hippo Education, LLC
  - ▶ Medical Editor, PA Content Team

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## THE TITLES THAT WEREN'T

- ▶ We put the P in your PANCE
- ▶ Don't chance your PANCE
- ▶ Ants in your PANCE
- ▶ Set your PANCE on 
- ▶ Prance through your PANCE

WHAT'S ON THIS  
TEST?

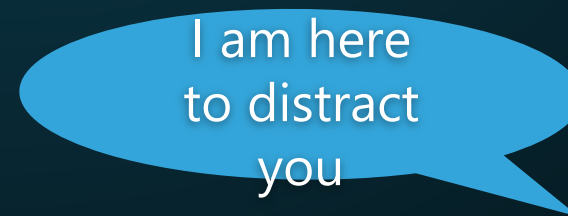
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## PANCE BASICS

- ▶ Number of questions = 300
  - ▶ 5 60-minute blocks of 60 questions
- ▶ Scoring out of 800
  - ▶ Passing cutoff is not published
  - ▶ Typically ~350
- ▶ All questions weighed equally
- ▶ Beta/test questions will be present

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- ▶ PANCE blueprint
  - ▶ <https://prodcmsstoragesa.blob.core.windows.net/uploads/files/PANCEBlueprint.pdf>
- ▶ NBME/Consistent format and style
- ▶ Answer options are alphabetical
  - ▶ Choosing C isn't the best guess
- ▶ All information in the stem is important
  - ▶ No fluff, no 'red herrings'





## THE "NO" PARADE OF TESTING

- ▶ No true/false
- ▶ No negative questions
- ▶ No "trick" questions
- ▶ No controversial medical information
- ▶ No information that is 'cutting edge' or new
  - ▶ ~18 mo question cycle



JUST GIVE ME MY  
"C" ALREADY!



# BIG PICTURE: ALMOST EVERYONE PASSES

## Recent PANCE Pass Rates

Year	Number of Exams*	Percent Passing	Number of First Time Takers**	Percent of First Time Takers
2019	10,471	91%	9,775	93%
2018	9,573	97%	9,220	98%
2017	9,250	95%	8,732	97%
2016	8,631	93%	8,082	96%
2015	8,651	91%	7,784	96%

\*Represents total number of exams, not number of examinees.

\*\*Represents total number taking the exam for the first time.

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## PANCE PREP

- ▶ Start dedicated PANCE study 2-3 mo before test day/graduation
  - ▶ May coincide well with your PA school summative evaluation
- ▶ Study tools from your PA program
  - ▶ Course material
  - ▶ Summative evaluations
  - ▶ 'In house' PANCE prep

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## PANCE PREP

- ▶ External study tools:
  - ▶ Live review/prep courses
  - ▶ Online video prep courses
  - ▶ Podcasts
  - ▶ Printed review material
    - ▶ Beware Step 2 CK non overlap



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## KATIE ADVICE

- ▶ Study for your rotation/clinic day/EOR M-Th evenings
- ▶ **Take Friday night off**  
- ▶ Use weekends for dedicated PANCE prep
  - ▶ Written out plans, blocked studying, practice questions

# MAKING YOUR STUDY PLAN



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Have a written out plan

Focus on the big rocks





Know how you study best



<https://www.maxpixel.net/Granite-Stones-Rocks-Granite-Stones-Barn-208427>



## ZIP UP YOUR PANCE

- ▶ Learn how you learn best
  - ▶ Audio  , visual , kinesthetic , gustatory 
- ▶ Identify your strengths and weaknesses
  - ▶ From performance in school/EORs
  - ▶ PACKRAT performance
- ▶ Focus on areas of weakness
- ▶ Review areas of strength

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## SAMPLE STUDY PLANS

Week 1 (9/24-9/30): Cardiology +endocrine

Week 2 (10/1-10/7): Pulmonology + psych

Week 3 (10/8-10/14): GI +DERM

Week 4 (10/15-10/21): MSK + ENT

-Family Med EOR Saturday 10/20

Week 5 (10/22-10/28): GU+ Reproductive

Week 6 (10/29-11/4): Neuro, Heme, Infectious disease

Week 8 (11/5-11/11): Catch up on topics. Revisit cardio/pulm/GI

-Study for NICU elective EOR

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### Strengths:

My best content areas were

- Endocrinology – 93%
- ID – 100%
- OB/Gyn – 94%
- Urology / renal – 93%

Sadly, these are collectively only 23% of the entire exam, and I feel that the main reason I did well in OB/gyn is because it's the last rotation I had.

### Weaknesses:


My lowest content areas were

- ENT/ophtho – 55%
- Ortho/rheum – 64%
- Pulmonology – 67%

Collectively, these are 31% of the entire exam, and it will be a good use of my time to review these areas.

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## MENTAL STAMINA

- ▶ Timed practice questions
  - ▶ Do lots of them and then do lots more
  - ▶ Remember 1min/question 
- ▶ PANCE simulation with break time
- ▶ NCCPA Practice Test \$50/120 questions
  - ▶ Screen layout familiarity
  - ▶ Normal lab value location

**TIME TO TAKE THIS  
THING!**



## ZIP UP YOUR PANCE

- ▶ Do a commute dry-run the week of
  - ▶ Traffic/parking/construction  
- ▶ Remember your childhood
  - ▶ Get a good night's sleep and eat a healthy breakfast
- ▶ Arrive early; at least 30 min
- ▶ Plan an encouraging phone call/text from "your person" right as you park
- ▶ Bring water, caffeine, healthy snacks
  - ▶ You will be given a locker for your belongings



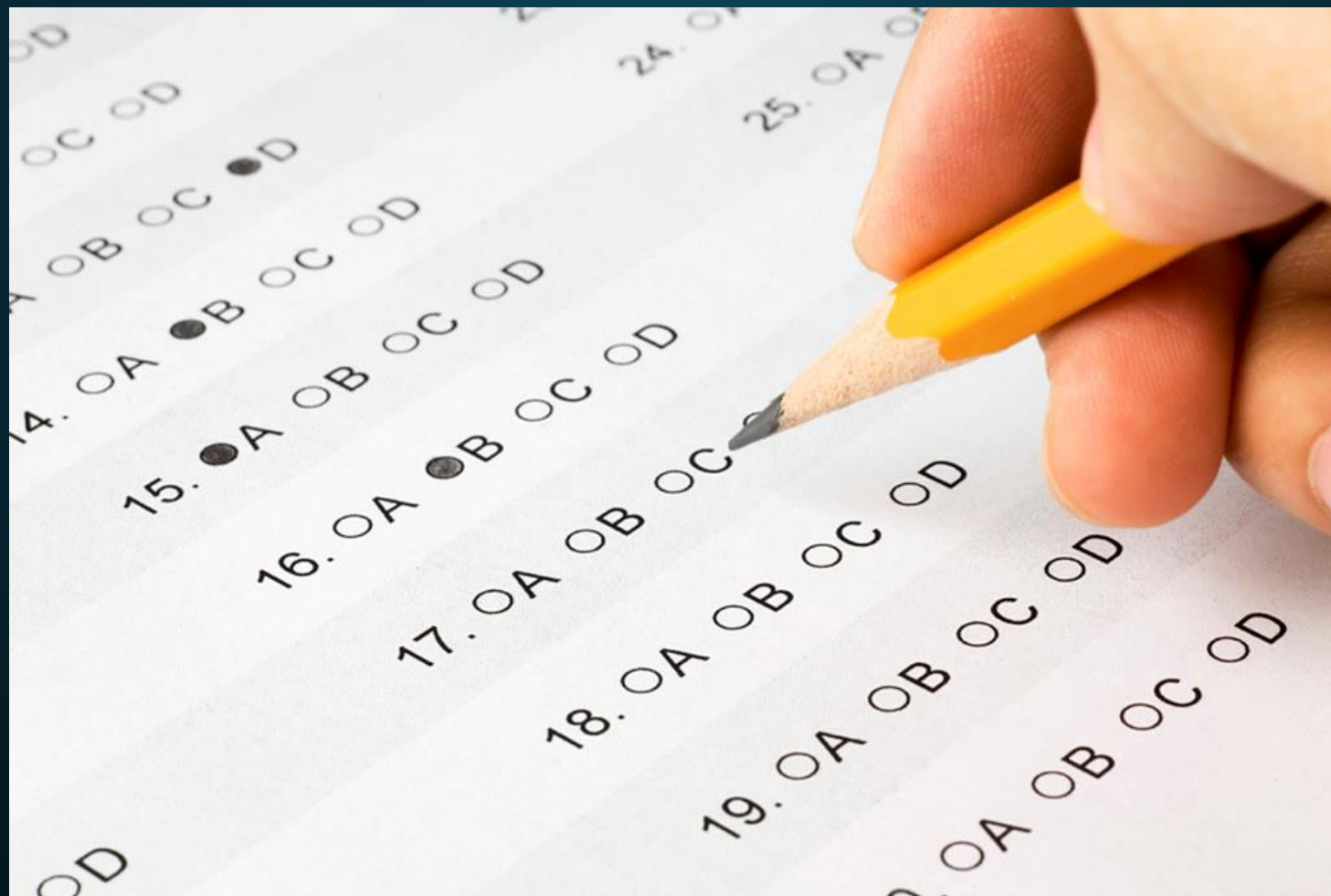
## ZIP UP YOUR PANCE

- ▶ Check in:
  - ▶ Two forms of valid and current ID
    - ▶ One with photo/signature and second with name/signature (Drivers license/passport, credit card)
    - ▶ Name must match what NCCPA has listed
- ▶ Be prepared to take off jewelry, watches etc
- ▶ Be prepared to be fingerprinted/palm scanned and photographed
- ▶ Remember other test takers there

NOW IT'S REALLY  
TIME!

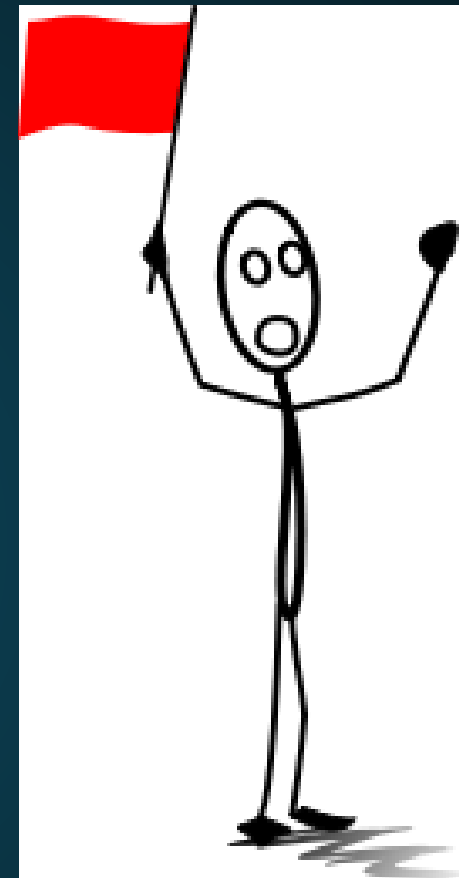
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- ▶ Take a deep breath before starting
- ▶ Tutorial prior to starting to familiarize yourself with computer layout, break procedures etc
- ▶ Erasable marker and white board at your station for notes



## ZIP UP YOUR PANCE

- ▶ Read the entire question and **answer question they are asking**
- ▶ Don't know it...flag it and skip it
- ▶ Answer all the questions



cybergedeon [CC0]

- ▶ Don't change initial answer unless you're 100% sure it's wrong
- ▶ Fun fact: Even people who score 800 don't get them all right

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## BREAKS

- ▶ 45 minutes “scheduled” break time
- ▶ “Unscheduled” break time deducted from question block time
- ▶ Digital fingerprint/palm scan each time you leave/enter the room



IT'S OVER!





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## POST TEST

- ▶ Take another deep breath and soak it all in... YOU DID IT!
- ▶ Call/text "your person" to tell them you are done
  - ▶ They've been anxious for hours 🤔🕒
- ▶ Do something to celebrate
  - ▶ #allthecarbs 🍩 recommended
- ▶ Score reports will be emailed usually within 2 weeks



- ✓ Comprehensive 🗣️ video lectures
- ✓ Organ system 🧠 ❤️ 👁️ written summaries
- ✓ 🎯 📄 content with study tables
- ✓ Adaptive question bank with 2200+ items
- ✓ Earn up to 267.75 hours of AAPA Category 1 CME

GOOD LUCK!  
WE KNOW  
YOU CAN DO  
IT!

JUST ONE  
MORE  
TEST!



YOU GOT  
THIS!

STAY ON TARGET.  
KEEP STUDYING!

Your friends at Hippo Education always cheering you on.



QUESTIONS?